

September 21, 2004

District Health Offers Free Tobacco Cessation Classes

South Central District Health will offer the American Cancer Society's "Fresh Start Cessation Program," designed to help adults quit using tobacco. This free six-week class will begin on Thursday, Oct. 7, at 5:30 p.m. and continue every Thursday until Nov. 18 at South Central District Health in Twin Falls. Participants may register by calling Josh Barron, South Central District Health Tobacco Cessation Coordinator, at 734-5900, ext. 245.

The "Fresh Start Cessation Program" is specifically designed for those who are tired of their addiction. It builds skills and knowledge to help reduce and eventually end tobacco use. Participants will learn skills to communicate better, handle stress, make decisions, set goals, eat healthy, and exercise.

Smoking is the single most preventable cause of death in the United States. More than 430,000 people die every year in United States from using tobacco products. Space is limited in the free class so participants are urged to register early.